

LA 6 DECOUVERTE - 2023 - ROADBOOK

THURSDAY 27 JULY 2023

UPDATED, february 2023

STEPS	Checkpoint	Food station	First aid	Water point	Doctor	Podo-Kiné	Cumulative distance			Intermediate distance			Fastest runners schedule 2022	Slowest runners schedule 2022
							Dist.	D+	D-	Dist.	D+	D-		
PLAGNE CENTRE					M	1982	0	0	0	0	0	0	9H30	9H30
PLAGNE VILLAGES						2103	1	121	0	1	121	0		
CHALET LES DOLINES						2103							9h40	10h00
PLAGNE BELLECOTE	C1	R1	S1	E	M	1929	3,1	163	216	2	42	216	9h44	10h14
DOU DU PRAZ						2131	5,5	365	216	2,4	202	0	9h54	
ENTREE PLAGNE CENTRE						1943	7,3	365	404	1,7	0	188	9h58	
LAC VERT	C2					1923	8	389	448	0,7	24	44	10h05	11h26
PLAGNE AIME 2000						2108	9,8	591	465	1,7	202	17	10h17	11h43
PLAGNE CENTRE	C	R	S	E	M	1982	11	591	591	1,1	0	126	10H21'33	12H15'19
DURATION OF RACE IN 2019													00H54'21	2H59'39
DURATION OF RACE IN 2021													00H59'41	2H04'39
DURATION OF RACE IN 2022													00H51'33	2H45'19